

WHAT IS CLAIMED IS:

1. A method of adjustably supporting a workpiece in a stationary position, comprising the steps of:

mounting the workpiece on a positioner, the positioner comprising a counterweight, a first arm, a second arm, a first brake assembly and a second brake assembly, wherein said first arm defines a first axis and is selectively rotatable about said first axis, said second arm defines a second axis and is selectively rotatable about said second axis, said first brake assembly being associated with said first arm and being operable to prevent said first arm from rotating about said first axis, said second brake assembly being associated with said second arm and being operable to prevent said second arm from rotating about said second axis, said workpiece being mounted to said positioner so as to be selectively movable with said first and second arms about said first and second axes;

counterbalancing the workpiece with the counterweight;

operating the first brake assembly so as to release said first arm and thereby permitting rotation of said workpiece around said first axis;

operating said second brake assembly so as to release said second arm and thereby permitting rotation of said workpiece around the second axis; and,

when said workpiece has been manually repositioned to a desired orientation corresponding to a desired rotational position of said first and second

arms, operating said first and second brake assemblies to hold said first and second arms in said desired rotational positions.

2. The method as defined in claim 1, wherein the first and second brake assemblies are operated independent of one another.

3. The method as defined in claim 1, wherein the first and second brake assemblies are operated simultaneously.

4. The method as defined in claim 1, wherein the workpiece defines a plurality of apertures and the positioner further comprises a mounting head that is secured to said second arm, said mounting head having a plurality of mounting pins, at least one of the mounting pins being a retractable mounting pin, said method comprising the further steps of:

pushing the workpiece onto the mounting head so as to retract the retractable mounting pin;

aligning said retractable mounting pin with one of said plurality of apertures; and,

inserting said mounting pin through said one of said plurality of apertures so as to secure the workpiece to the mounting head.

5. A method of manually adjustably supporting and repositioning a workpiece on a positioner, said positioner comprising a counterweight, a first arm extending in a first direction, a second arm extending generally perpendicular to said first arm, a mounting head secured to said second arm, a first brake assembly and a second brake assembly, wherein said first arm defines a first axis and is selectively rotatable about said first axis, said second arm defines a second axis and is selectively rotatable about said second axis, said second arm being secured to said first arm and being rotatable with said first arm about said first axis, said first brake assembly being associated with said first arm and being operable to prevent said first arm from rotating about said first axis, said second brake assembly being associated with said second arm and being operable to prevent said second arm from rotating about said second axis, said method comprising the steps of:

securing said workpiece to said mounting head;

counterbalancing the workpiece with the counterweight;

operating the first brake assembly so as to release said first arm and thereby permitting rotation of said workpiece around said first axis;

operating said second brake assembly so as to release said second arm and thereby permitting rotation of said workpiece around the second axis;

manually rotating said workpiece about at least one of said first and second axes so as to move said workpiece into a desired orientation corresponding to a desired rotational position of said first and second arms;

operating said first and second brake assemblies to hold said first and second arms in said desired rotational positions and said workpiece in said desired orientation.

6. The method as defined in claim 5, wherein the first and second brake assemblies are operated independent of one another.

7. The method as defined in claim 6, wherein the first and second brake assemblies are operated simultaneously.

8. The method as defined in claim 7, wherein the workpiece defines a plurality of apertures and said mounting head comprises a plurality of mounting pins, at least one of the mounting pins being a retractable mounting pin, and wherein said step securing the workpiece to the mounting head includes the steps of:

pushing the workpiece onto the mounting head so as to retract the retractable mounting pin;

aligning said retractable mounting pin with one of said plurality of apertures; and,

inserting said mounting pin through said one of said plurality of apertures so as to secure the workpiece to the mounting head.